



CAPITOL LUNCHROOM MENU

<http://www.state.nd.us/fac/>

MONDAY, JULY 31

GRILL	SWISS MUSHROOM BURGER WITH CHIPS @ \$2.65WITH FRIES	\$3.65
LOWFAT	CHICKEN SALAD WRAP	\$2.95
FEATURE	PORK CHOP WITH RICE, VEG. & ROLL	\$5.14
FEATURE	ENCHILADA CASSEROLE WITH VEG. & BREADSTICK	\$4.58

TUESDAY, AUGUST 1

GRILL	CHICKEN TOTILLA SOUP WITH CHIPS	\$3.50
LOWFAT	½ ROAST BEEF SANDWICH WITH SALAD	\$2.95
FEATURE	LASAGNA WITH SALAD & BREADSTICK	\$5.14
FEATURE	TATER TOT HOTDISH WITH VEG. AND ROLL	\$4.58
FEATURE	BAKED POTATO WITH BUTTERBLEND & SOUR CREAM (EXTRA TOPPINGS AVAILABLE: (Cheese, Bacon, Fat Free Ranch, Fat Free Sour Cream-.25 each)	\$1.60

WEDNESDAY, AUGUST 2

GRILL	SLICED ROAST BEEF N CHEDDAR ON GRILLED SOUR DOUGH WITH CHIPS \$2.90 WITH FRIES	\$3.90
LOWFAT	CHEF SALAD	\$3.97
FEATURE	GLAZED CHICKEN ON RICE , VEG. & BREADSTICK	\$5.14

THURSDAY, AUGUST 3

GRILL	GRILLED CHEESE N BACON WITH CHIPS @ \$2.60 WITH FRIES	\$3.60
LOWFAT	TUNA SALAD SUB	\$2.95
FEATURE	HAMBURGER MACARONI HOTDISH WITH VEG. & ROLL	\$4.58
FEATURE	SCALLOPED POTATOES WITH VEG. & ROLL	\$4.58
FEATURE	BAKED POTATO WITH CHILI FIXINS (EXTRA TOPPINGS AVAILABLE: (Cheese, Bacon, Fat Free Ranch, Fat Free Sour Cream-.25 each)	\$3.25

FRIDAY, AUGUST 4

GRILL	CHILI DOG \$2.75 WITH POTATO SALAD	\$3.50
LOWFAT	CRAB SALAD ON 7 GRAIN HEALTHY CHOICE BREAD	\$2.95
FEATURE	HAMBURGER CHOW MEIN HOTDISH WITH VEG. AND ROLL	\$4.58

DAILY SPECIALS

FRENCH FRIES ARE \$1.25 OR \$1.00 WITH A SANDWICH

*** GRILLED CHICKEN ***		\$2.70
HOT BEEF SANDWICH		\$4.58
ROAST BEEF DINNER		\$4.90
SALAD BAR		\$1.90
CHILI	CUP \$1.50 BOWL	\$2.00
SOUP	CUP \$1.45 BOWL	\$1.95

CAFETERIA HOURS: 7:00 A.M. TO 4:30 P.M.

BREAKFAST: 7:00 - 10:30

LUNCH: 10:30 – 1:30

